Stress

Stress, is a sneaky man

He comes and goes most of the time

He makes you feel angry, tired, and anxious

Stress likes to be around when you are not at your best

His heaviness weighs on your chest, making it impossible to stand

When you’re least expecting it, he decides to take over

But, sometimes you invite him in

Maybe because of a bad choice or bad timing

Stress is like a timer that will stop before you’re finished

He is yelling, crying, and giving up.

Sometimes he can be helpful and give you the extra boost you need

But today, he is attached to your hip.

He is crying, needing, and wanting attention

To rid of him, you can run, eat, or drink him away

Stress can take over your life

Don’t let him beat you

Fight to push him away

Lock your doors and turn off the light

When he attacks,

Remember,

He is just a man.